



Tools for Teaching Daily Tasks

This [online resource](#) provides tips on how to teach life skills to children. Healthy habits start first thing in the morning. Click below to find examples for breaking down skills and using visual guides for morning routines. Feel free to personalize these!

Visual Morning Routine:

[Level 1A](#)

[Level 1B](#)

[Level 2](#)

Breaking Down Teeth Brushing Skill:

[Level 1](#)

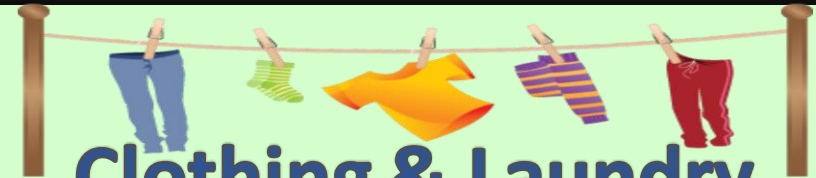
[Level 2](#)



Around the House



There is so much learning that can take place in your own home by having your children participate in simple household activities, even at an early age! These tasks help teach life skills and teamwork, allow kids to learn responsibility and help build a stronger work ethic. This page gives you a few examples but there are many more! [Click here](#) for an article with more activities listed by age.



Clothing & Laundry

Kids of any age can learn to help around the house. Laundry is a great life skill that can involve the whole family. Little ones can help sort colors while the older ones can be involved with the washing and folding. These charts help kids follow the step by step process of helping with getting the laundry done!

[Sorting My laundry Chart](#)

Laundry Checklists: [Level 1](#) [Level 2](#)

Gardening for All

Whether you are young or old, an expert or a beginner, gardening is good for the mind, body, and soul! It is a skill that can be refined over a lifetime, so why not start now?

Click [here](#) for gardening tips, tricks and other resources from the experts at Montreal's Botanical Gardens.

Hands On Activities:

[Level 1](#)

[Level 2](#)



Mealtime Activities

Encouraging children to participate in mealtime activities is a great way to build independence skills, foster a sense of responsibility, and work on problem solving and executive functioning skills. Below are ideas of mealtime activities with links on how to teach these daily tasks within your home.

Level 1: [Recipe to try!](#)

How to set the table:

[Step-by-step tutorial](#)

[Video](#)

[App](#)

Level 2: [Recipe to try!](#)

How to wash the dishes:

[Video demonstration](#)

For all levels:

How to use utensils:

[Tips & tricks](#)

[Fun activities](#)

